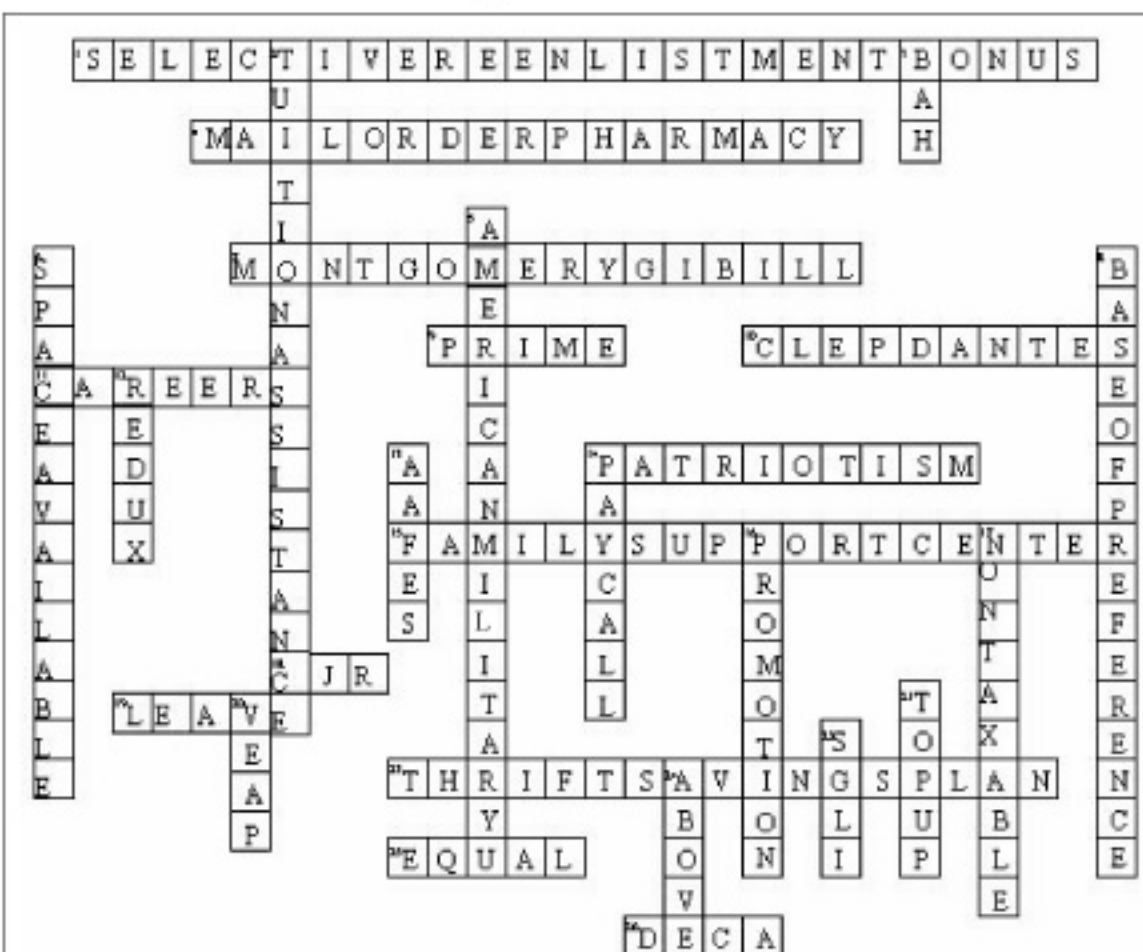


Crossword puzzle answers



Across

1. Money for critical skills
4. Medicine by mail
7. Veteran's Assistance education program
9. No medical co-payments
10. Education credits for knowledge
11. Airmen retraining program
14. 2000 survey: number 1 reason to stay in AF
15. Great place for assistance
18. "Holds" on AF job
19. 30 days paid each year
23. Voluntary savings program
25. Quarterly overseas assignment list
26. Military grocery store

Courtesy of **MSgt Michael Faulkingham**
Career assistance adviser

Down

2. 75 percent available for education
3. Zero out-of-pocket by 2005
5. Free bachelor's degree
6. Free air travel
8. An assignment you choose
12. \$30,000 at 15 years
13. Contributes to base MWR
14. Finance information at fingertips
16. Increased responsibility
17. Allowances are _____
20. Can be converted to MGIB by Oct. 31
21. In-service use of MGIB
22. 80 cents per \$10,000
24. Servicemembers are paid .5 percent _____ federal employees cost index

Food-handling tips keep people safe

SSgt Deanne Hyland
Public health

Ahh, summertime. Thoughts return to picnics, cookouts and camping. However, it's also the season when more people become ill from food-borne bacteria.

Perhaps you've experienced food-borne illness, but thought you were sick with the summertime flu.

Approximately 7 million Americans will suffer from food-borne illnesses this year. Why? Bacteria you can't see or smell grow and multiply rapidly in the danger zone between 40 degrees Fahrenheit and 140 degrees Fahrenheit. Food transported without an ice source or left out in the sun at a picnic won't stay safe for long. There's some good news however; 85 percent of food-borne illnesses can be avoided if food is handled properly.



Here are some tips on how to handle foods properly:

□ When people shop, make the grocery store the last stop. Put refrigerated and frozen items in the shopping cart immediately before heading for the checkout stand;

□ Never leave food in a hot car. Keep perishable items inside the air-conditioned car, not the trunk. If people live farther than 30 minutes away, they should bring a cooler with ice from home. Place perishables in it. Spoilage isn't the only concern when dealing with potentially hazardous food, preparation plays a big role as well;

□ Try to plan the right amount of food. Food cooked ahead of

□ **FOOD**, Page 11



Start Your Own Tradition

Private and John started the Thanksgiving tradition for a nation. You can start a tradition too — Buy U.S. Savings Bonds — help yourself, your family and your nation. Regular savings with bonds will give you something to be thankful for.



Military Personnel and Immediate Family

In times of emergency need, call the American Red Cross Armed Forces Emergency Service Center toll-free:

1-877-272-7337